

Policy Statement

The Juab School District is committed to providing a healthy environment for students by supporting wellness, good nutrition, and regular physical activity as part of the total educational experience.

1. Goals for Nutrition Education
 - a. Students will receive instruction with regard to the science of nutrition as outlined in the Utah State Core Curriculum.
 - b. School cafeterias will model healthy meals by providing foods that meet nutrient standards and regulations as defined by the USDA.
 - c. Healthy life style behaviors will be reinforced in the school environment.
 - i. Teachers will be encouraged to offer non-food rewards and incentives to students.
 - ii. Schools will be encouraged to set limits for celebrations that involve food during the school day. Such celebrations should take place after lunch whenever possible.
2. Nutrition Guidelines
 - a. School meals and snacks available throughout the school day will comply with USDA requirements. Sites selling snacks must ~~offer a selection of healthy offerings.~~ Only offer healthy offerings that comply with federal regulations.
 - ~~b. Foods of minimal nutritional value will not be sold during meal service time through the snack bar or vending machines.~~
 - ~~eb.~~ Vending machines will be restricted in elementary schools.
 - ~~dc.~~ Beverages available for sale to students before or during the school day will include:
 - i. Water
 - ii. Milk, 1%, skim, ~~plain or~~ flavored or unflavored, and 100% fruit juice.
 - ~~iii. Fruit or vegetable juices containing at least 50% juice~~
3. Goals for Physical Activity and Other School-Based Activities
 - a. Students will receive physical education instruction as outlined in the Utah Core Curriculum.
 - b. All students in grades K-12 will have opportunities, support and encouragement to be physically active.
 - i. Elementary students will have two fifteen-minute recesses; one in the morning and one within the lunch period.
 - ii. Students will be encouraged to participate in physically active extra-curricular activities supported by the District.
 - iii. Juab School District will make the gyms, weight rooms and playing fields accessible for student use on a reasonable basis, whenever feasible, during non-school hours.
4. Public and District Accountability
 - a. School principals and food service supervisor will report to the Superintendent ~~semi~~-annually as to their school's or program's adherence

to this policy. Schools or departments not complying with these requirements will be held responsible for resulting findings or fines.

- b. The wellness policy will be published on the District web site for public information and comment.
- c. This policy will be reviewed prior to the beginning of each school year to make adjustments as needed to comply with federal, state and local requirements.
- d. Review of policy will take place as needed in monthly director's meetings. Committee member will be notified and invited to attend these meetings for input and clarification.

School Health Councils

The school district, schools, and school parent advisory groups within the district will create, strengthen, and work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. ~~The councils also will serve as resources to school sites for implementing those policies.~~

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will be:

1. Appealing and attractive to children;
2. Served in a sanitary and pleasant setting;
3. Meet ~~at a minimum~~, nutrition requirements established by local, state, and federal statutes and regulations;
4. Offer a variety of fruits and vegetables;
5. Serve only low fat (1%) and fat-free milk; ~~and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and~~
6. Ensure that ~~half of the served~~ all grains products served are whole grain ~~or whole-wheat flour-enriched.~~

~~Schools should engage students and parents in helping to select foods sold through the school meal program in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students.~~ Schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, ~~placards~~, or other information outlets. ~~Schools will provide a suggestion box at a convenient place in the lunchroom.~~

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will, to the extent possible, operate the School Breakfast Program.

2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts and to encourage participation ~~that encourage participation, including serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess.~~
3. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
4. ~~Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.~~

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems and promote the availability of school meals to all children.

Summer Food Service Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

Meal Times and Scheduling

1. Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
2. Schools should schedule meal periods at appropriate times, (e.g., lunch should be scheduled between 11 a.m. and 1 p.m). Exceptions should be cleared through the Superintendent;
3. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities;
4. Schools will schedule lunch periods to follow recess periods in elementary schools. ~~Exceptions should be cleared through the Superintendent;~~
5. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health.

Qualifications of School Food Services Staff

Trained nutrition professionals will administer the school meal program. As part of the school district's responsibility to operate a food service program, the District will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools

The school food service program will approve and provide all food and beverages sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, food and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Junior High and High Schools

In junior high and high schools, ~~(50 percent) of~~ foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte ~~[snack]~~ lines, vending machines, student stores, or fundraising activities) until 30 minutes after the school day will meet Federal Regulations. ~~during the school day, or through programs for students after the school day, will meet Tier 1 and Tier 2 nutrition standards as outlined in Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth attached to this document.~~

Snacks

~~Snacks served through the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.~~

Rewards

Schools should work with parent advisory councils and staff to reduce the use of foods or beverages that do not meet ~~the Tier 1 and Tier 2 nutrition standards~~ Federal Regulations as rewards for ~~academic~~ performance or good behavior. The Federal Regulations of snack foods will not apply to principal approved classroom parties. Schools should not withhold food or beverages (including food served through school meal programs) as a punishment.

School Parties

~~Tier 1 and Tier 2 nutrition standards will not apply to principal approved classroom parties or school sponsored events (such as, but not limited to, athletic events, dances or performances)~~

~~Food and beverages offered or sold at school sponsored events outside the school day are not required to meet the nutrition standards for meals or for food and beverages sold individually (See above).~~

Communications with Parents

The district/school will support parents' efforts to provide healthy diet and daily physical activity for their children. Wherever possible the district/school will ~~offer healthy eating seminars for parents,~~ send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.

The public is encouraged to comment or make suggestions concerning this policy by contacting the Superintendent of Schools.

Food Marketing in Schools

~~School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of food and beverages that meet the nutrition standards or meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products, is encouraged.~~

Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12

All schools will make concerted efforts to provide as much physical exercise and movement as the curriculum will allow throughout the school day.

Daily Recess

All elementary school students will have at least **20 minutes** a day of supervised recess, preferably outdoors, during which schools should provide adequate space and equipment and encourage moderate to vigorous physical activity.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for longer periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity: Instructional and/or Behavior Restrictions

With the permission of the school principal, teachers may use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as instructional or behavioral restrictions. Teachers should use this option sparingly.

Recreation Use Outside of School Hours

When practical, school exercise facilities should be made available to students, staff, and community members before and after the school day. Non-school groups through the

Wellness Policy - FDE

District Community Use of Facilities policy may schedule the use of school facilities on weekends and during school vacations. As a general rule, there will be no use of school indoor recreational facilities on Sunday. School policies will apply at all times.

Monitoring and Policy Review

Monitoring

~~The Superintendent~~ School principals or designees will ensure compliance with established ~~district-wide~~ nutrition and physical activity goals listed in this policy for their schools wellness policies. ~~In each school, the principal designee will ensure compliance with these policies in his/her school and will report on the school's compliance to the school district superintendent or designee on an annual basis.~~

Food service staff, at the school and district levels, will ensure compliance with nutrition policies within school food service areas. ~~and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the school District will report to the Board on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.~~ The Wellness Policy Assessment Tool will be completed each January and will be used to show compliance or concerns with this policy.

~~This information will be submitted to the Superintendent, and the school district will report to the Board on the most recent USDA review findings and any resulting changes. The Superintendent or designee will develop a summary report every three years beginning at the end of the 2007-2008 school year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school parent advisory councils, school principals, and school health services personnel in the district.~~

TABLE 1. Foods and beverages That Meet Tier 1 and Tier 2 Standards

| Foods | Beverages |
|---|---|
| Tier 1 for All Students | |
| <p>Tier 1 foods are fruits, vegetables, whole grains, and related combination products * and nonfat and low-fat dairy that are limited to too 200 calories or less per portion as packaged and:</p> <ul style="list-style-type: none"> •No more than 35 percent of total calories from fat •Less than 10 percent of total calories from saturated fats •Zero Trans Fat (≤ 0.5 g per serving) •35 percent or less of calories from total sugars, except for yogurt with no more than 30 g of total sugars, per 8-oz. portion as packaged •Sodium content of 200 mg or less per portion as packaged •A la carte entrée items meet fat and sugar limits as listed above and: <ul style="list-style-type: none"> ** <ul style="list-style-type: none"> ◦Are National School Lunch Program (NSLP) menu items ◦Have a sodium content of 480 mg or less <p>*Combination products must contain a total of one or more servings as packaged of fruits, vegetables, or whole grain products per portion.</p> <p>**200-calorie limit does not apply; items cannot exceed calorie content of comparable NSLP entrée items.</p> | <p>Tier 1 beverages are:</p> <ul style="list-style-type: none"> •Water without flavoring, additives, or carbonation. •Low-fat* and nonfat milk (in 8-oz portions) <ul style="list-style-type: none"> ◦Lactose free and soy beverages are included ◦Flavored milk with no more than 22 g of total sugars per 8-oz portion •100 percent fruit juice in 4-oz. portion as packaged for elementary/middle school and 8 oz. (two portions) for high school •Caffeine free, with the exception of trace amounts of naturally occurring caffeine substances <p>•1 percent milk fat</p> |

~~Tier 2 for High School Students After School~~

~~Tier 2 snack foods are those that do not exceed 200 calories per portion as packaged and:~~

- ~~• No more than 15 percent of total calories from fat~~
- ~~• Less than 10 percent of total calories from saturated fats~~
- ~~• Zero Trans fat (≤ 0.5 g per portion)~~
- ~~• 35 percent or less of calories from total sugars~~
- ~~• Sodium content of 200 mg or less per portion as packaged~~

- ~~• Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation, or flavoring).~~